

# Virginia Cooperative Extension

*A partnership of Virginia Tech and Virginia State University*

 **VirginiaTech**  
College of Agriculture  
and Life Sciences



School of Agriculture  
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## **FOR IMMEDIATE RELEASE**

NEWS ARTICLE

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## **How to Weather the Storm**

Having an emergency supply kit is essential to making it through a disaster safely. Make sure to have supplies on hand to last each person at least three days.

### **Recommended items to include in a basic emergency supply kit:**

- **Water**, at least three gallons per person for drinking and sanitation
- **Food**, at least a three-day supply of food that does not need electricity for storage or for preparation
- **Manual can opener for food (if kit contains canned food)**
- **Battery-powered or hand crank radio, a weather alerting radio with tone alert and extra batteries for both**
- **Flashlight and extra batteries**
- **First aid kit**
- **Whistle to signal for help**
- **Prescription medications and eyewear**
- **Dust mask**, to help filter contaminated air and plastic sheeting and duct tape to shelter where you are
- **Moist towelettes, garbage bags and plastic ties for personal sanitation**
- **Wrench or pliers to turn off utilities**

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**Additional items to consider adding to an emergency supply kit:**

- **Items for [infants and toddlers](#)**
- **Items for [pets](#)**
- **Local maps**
- **Copies of important family documents, such as insurance policies, identification and bank account records in a waterproof, portable container**
- **Cash in small denominations or traveler's checks and change**
- **Emergency reference material such as a first aid book**
- **Sleeping bag or warm blanket for each person (consider additional bedding if you live in a cold-weather climate)**
- **Complete change of clothing including a long-sleeved shirt, long pants, socks and sturdy shoes (consider additional layers if you live in a cold-weather climate)**
- **Household chlorine [bleach](#) and medicine dropper (when diluted in water, bleach can be used to kill germs)**
- **Fire Extinguisher**
- **Matches in a waterproof container**
- **Feminine supplies and personal hygiene items**
- **Paper cups, plates and plastic knives, forks and spoons, paper towels**
- **Paper and pencil**
- **Books, games, puzzles or other activities for children**

**If you have any questions please contact the VCE-Franklin County office 540-483-5161**